

Metropolitan Police Department

4th District Station
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Police Service Area 404

From the Desk of Lt. Jesse Porter



PSA Community Meetings are scheduled for:

- Wednesday, September 4, 2002, 7: 00 pm at North Capital & Riggs, Road, NE
- Thursday, September 12, 2002, 6: 30 pm at 4th & Rittenhouse, NW
- Wednesday, September 18, 2002, 7: 00pm., at 2nd & Hamilton Street, NW.

Please call my office for details.

Help your PSA Team stop vehicle crimes. 1.) Report all suspicious activity to 311. 2.) Give detail descriptions of the subjects and of vehicles involved. You don't have to provide your name. Vehicle crimes are our biggest problem. You can also minimize your chances of becoming a victim by doing the following:

- Never leave coins or cash visible even in the ashtray.
- Never leave briefcases or other containers visible in the passenger area.
- Never pack your vehicle in advance of trips, not even in the trunk.
- Never start your vehicle and leave it running.
- Keep your registration with you, not in the glove box.
- Develop a phone tree with your neighbors to report any suspicious activity.

Taking these steps will assist your PSA Team to, not only protect your vehicle, but also apprehend those individuals who prey upon our neighbors.

Summer Has Arrived and So Has the Heat!

Heat exhaustion is most common during spells of hot, moist and damp weather. The victim generally complains of faintness, weakness and dizziness. This is often due to a drop in blood pressure. The skin is moist, but hot, and the pulse may become weak and rapid. If there has been a good deal of perspiration, there may be further complaints of muscular or abdominal cramps, sometimes associated with nauseous and vent vomiting.

First aid consists of getting the victim out of the heat/sun and into a cool/shaded spot as soon as possible. Rigorous measures to lower the body temperature should be taken immediately. These may include pouring cold water over the victim's head and shoulders, or applying ice bags to these areas. Immersion in cool water or rubdowns with alcohol may also be helpful.

The summer months are extremely difficult on seniors. Please check on our seniors, they are our true source of history and wisdom, but they, unfortunately, suffer severely during this time of year. A majority of deaths related to heat involves seniors.

PSA 404 and Residents Celebrate D. C. Night Out



I would like to express my sincerest appreciation for a successful block party to Mr. & Mrs. Vaughan, Mr. Maurice Cumente, Mr. Raymond Shephard, Mr. Jason A. Mitchell, Mrs. Doris Mitchell, Mr. James Hilton, Sergeant Antonio Charland, Master Patrol Officer Charles Whittaker, Officers Randy Rogers, Anthony Divincenzo, Cynthia Horn, and Clinton Brown. Captain Melvin Scott was very supportive and provided direction. Much appreciation to Councilmember Adrian Fenty's Office- Mr. Ron Austin, Councilmember Harold Brazil, Mr. Wayne Richards (Safeway), CVS Associates, DC Fire Department House # 14 and those who I may have missed. Since the tragic death of our Beloved Hattie Holmes, we have been struggling to carry on her legacy. This was our First Step.

"This was for you, Hattie."